

D.W. Wilson Community Center Fitness Classes

Prior to starting any exercise program, receive a medical clearance.

Morning Classes

SilverSneakers® MSROM 10:30 a.m.-11:30 a.m. Monday, Wednesday & Friday This class is designed for participants to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, balance, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

50+ Fitness: Interval Strength Training Wednesday 9 a.m. - 10 a.m.

The loss of muscle that occurs with age is reversible! This class is designed for anyone who wants to regain strength, freedom of movement and increase metabolism using weights and resistant bands.

50+ Fitness: Forever Young Cardio Monday 9 a.m.-10 a.m. This great total-body workout is for anyone young at heart. The class combines fitness and fun activities that improve cardiovascular health and overall strength, including low-impact exercises and resistance training.

Yoga Tuesday & Thursday 9:30 am-10:30 am Yoga improves balance, flexibility and strength. Yoga assists in the management of arthritis and other degenerative diseases. This is a beginning Yoga class, suitable for all ages.

Modified Yoga Tuesday & Thursday 8:15 a.m. – 9:15 a.m. Yoga poses are taught with modifications using a chair for balance and support. This is the perfect class for anyone with mobility issues or vertigo.

Step-Up and Get Moving: Friday 9 a.m.-10 a.m. This class is designed to elevate your heart rate, burn calories, and tone muscle using step training and weights.

Evening Classes

20/20/20 Monday 5:00 pm-5:45 pm This is a high impact cardio class incorporating kickboxing, body sculpting, and abdominal work. This class is FUN and works all areas of the body!

Cardio Kickboxing Tuesday 5 p.m.-6 p.m Cardio Kickboxing combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Cardio kickboxing does not involve physical contact between competitors.

Butz & Gutz Wednesday 5 p.m.-6 p.m Tighten and tone core and lower body using body weight and stabilizer muscles.

Boot Camp Thursday 5 p.m.-6 p.m. Build strength, confidence, and physical stamina. Decrease body fat, increase cardiovascular efficiency, increase muscular strength and endurance.

Pilates/Yoga Thursday 6:00 p.m.-7:00 p.m. This class combines Yoga and Pilates to enhance you flexibility while toning your entire body.

Cardio Sculpt Friday 5 p.m.-6 p.m. Cardio Sculpt is a total body workout, incorporating traditional and resistance exercises, designed to maximize fat burning while toning using short bursts of high impact interval training, followed by resistance training.



TALLAHOMA
Parks and
Recreation

New All Inclusive Rates to

Encourage a Variety of Fitness Opportunities

Single Visit Indoor Activity Fee: **\$3.00**

(All Inclusive)

Weight Room
Indoor Swimming Pool
Fitness Class
Gymnasium

City of Tallahoma Resident
Gymnasium Only Access Pass-No Charge
Application available at front desk.

Indoor Activity Membership Fees: (All Inclusive)

	Annual	Monthly
Individual Pass (Ages 18-62)		
Resident	\$240.00	\$24.00
Non-Resident	\$360.00	\$36.00
Family Pass (up to four members*)		
Resident	\$360.00	\$36.00
Non-Resident	\$540.00	\$54.00
*Each additional family member		
Resident	\$50.00	\$5.00
Non-Resident	\$75.00	\$7.50

Student/Child Pass (Ages 3-17)

Resident	\$160.00	\$16.00
Non-Resident	\$240.00	\$24.00

Senior Pass (Over 62)

Resident	\$160.00	\$16.00
Non-Resident	\$240.00	\$24.00

Senior Couple (Either over 62)

Resident	\$240.00	\$24.00
Non-Resident	\$360.00	\$36.00



Indoor Pool Schedule Fall 2015 (Oct. 1st – Dec. 31st)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim (16 and older)		6am-10am Noon-2pm	6am-10am Noon-2pm (3 lanes)	6am-10am Noon-2pm	6am-10am Noon-2pm (3 lanes)	6am-10am Noon-2pm	
	(12 and older) Noon-2pm	6pm-8:30pm (3 lanes)	6pm-8:30pm (3 lanes)	6pm-8:30pm (3 lanes)	6pm-8:30pm (3 lanes)	6pm-8:30pm (3 lanes)	9am-2pm
Senior / Disability Water Exercise		10am-Noon	10am-Noon	10am-Noon	10am-Noon	10am-Noon	9am-2pm Senior Swim
Deep Water Exercise		10am-Noon	10am-Noon	10am-Noon	10am-Noon	10am-Noon	
Competitive Swim Time		3:30pm-6pm	3:30pm-6pm	3:30pm-6pm	3:30pm-6pm	3:30pm-6pm	
Hydroshape / Water Aerobics		6pm-7pm	Noon-1pm	6pm-7pm	Noon-1pm		
American Red Cross Learn to Swim			6pm-8pm	1pm-3:30pm	6pm-8pm		
Public Swim	2pm-4:30pm					6pm-8:30pm	2pm-4:30pm

- **Lap Swim** is swimming for exercise or training purposes in a continuous manner from one end of the pool to the other.
- **Senior / Disability Water Exercise** is an instructor led workout in the 3'6" to 5' depth for seniors or people with disabilities that focuses on maintaining joint mobility and muscle strength. Class participation is required.
- **Senior Swim** is available for seniors to exercise independently and/or socialize.
- **Deep Water Exercise** in the 9' to 12' depth is available for cardio and muscle toning workout using an aqua jogger belt and/or water dumbbells.
- **Competitive Swim Time** is available to all of Tullahoma's competitive swimmers.
- **Hydroshape / Water Aerobics** are instructor led beginner to intermediate low impact toning and cardio classes.
- **Learn to Swim** is the American Red Cross Swim Program and is available for ages 6-12